

BRIDGES

WEDNESDAY, FEBRUARY 11, 2015

ON THE SCENE:

Our best shots from the sixth annual Chefs' Gala & Showcase. **P. 10**

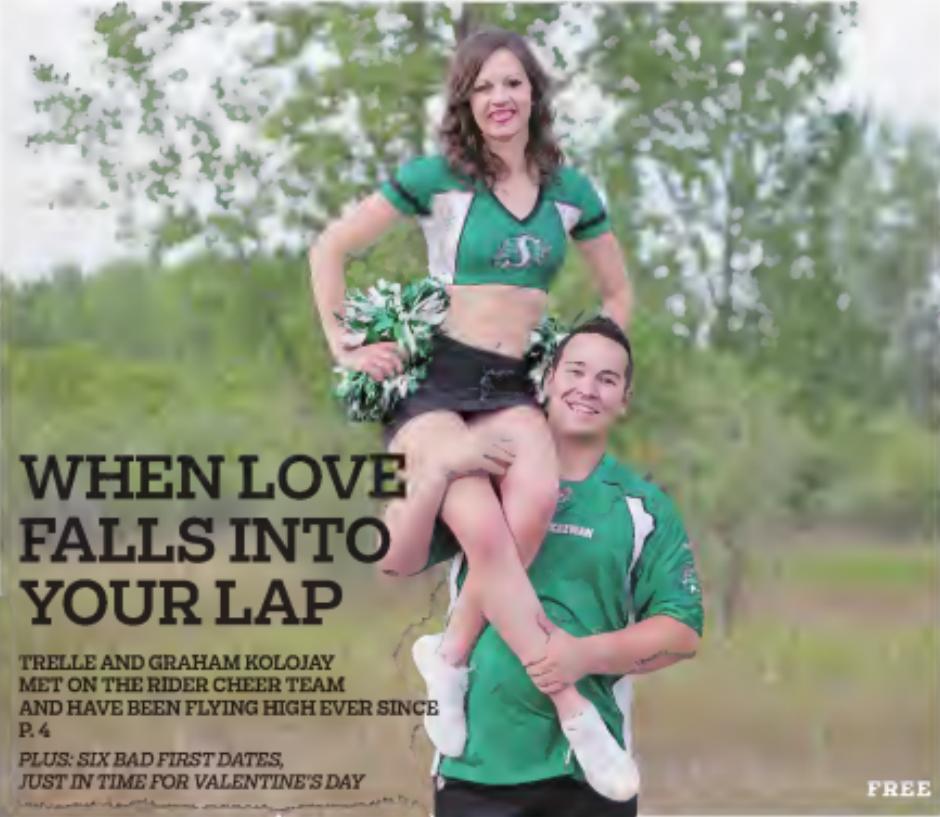
GARDENING:

Roses aren't the only flower to represent love. **P. 26**

WINE WORLD:

A delightfully sophisticated way to woo a date. **P. 27**

A STARPHOENIX COMMUNITY NEWSPAPER



WHEN LOVE FALLS INTO YOUR LAP

TRELLE AND GRAHAM KOLOJAY
MET ON THE RIDER CHEER TEAM
AND HAVE BEEN FLYING HIGH EVER SINCE
P. 4

PLUS: SIX BAD FIRST DATES,
JUST IN TIME FOR VALENTINE'S DAY

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Ruth and Graham Karsay pose in the snow in the parking lot of the Delta Bessborough where they got married last year. They're in 2010 when they were both on the *Realtor* team. Photos by MICHAEL BIRK

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Valentine's Day cake for potlucks and other delectable desserts. \$16.95 each. Peretta or Michael Birk

BRIDGES COVER PHOTO COURTESY KIRA NELSON PHOTOGRAPHY

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ON THE COVER

He's my soulmate ... I couldn't imagine my life without Graham. — Trellie Kolojny

VALENTINE'S DAY

Love, Saskatchewan style



Trellie and Graham Kolojny in action when they were back on the Rider Cheer Team, surrounded by the Black Saskatchewan River. (Photo credit: KATHRYN MARPLE, 40306)

By Jenn Sharp

You might never cheerleader again as the field while cheering for those iconic green and white. Does it get any more Saskatchewan than that?

Trellie and Graham Kolojny both joined the Bradlees Cheer Team in 2010. Trellie, now 24, was a student and cheerleader at the University of Regina. Graham's cheerleading started in a when a few years before.

A friend asked him to come out to practice — they needed an extra guy that day. "We'd been hooked ever since." Cheerleading challenges

him to ways he never expected. Meeting your future wife wasn't a bad perk.

"It's far from the hardcore sport I've ever done. With cheerleading, there's always something new to learn. There's a good group of people. It's very physical," he says.

The boys on the team occasionally get picked on — for being males in a female-dominated sport — but Graham says the girls always have their back.

"The big thing is winning the fans over on the field," says Trellie. "Once you prove the skills that we need the guys for that's what the crowd reacts to the most. We have a lot of

fans now that are really accepting of the guys." Thanks to the fans, the Rider Cheer Team can put on pretty dazzling shows, full of high kicks and other stunts.

It's a huge commitment for the volunteers. Practice is every weekend with a small week one held in December (prior members live in Regina and Saskatoon). Members must be at every ritual or game, of course.

"You're preferring the 40,000 people who are excited to be there and you get to feed off the energy of Rider nation, which is amazing," says Trellie, a former dancer.

"It's a regular game. I couldn't hear Trellie

cheering to me — you can't hear the person beside you. 'We get that every game,'" adds Graham. "It's a great job to entertain and we have a lot of fun doing it."

Trellie and Graham didn't get to leave each other until the 2010 Grey Cup, when the team was tapped their first day off in Edmonton.

Chommon has given Trellie the first ride that Graham was on when Graham had visited Chommon and used it as an excuse to go to her room.

"I offered one to everybody on the team but the pair happened to be the only person on the moon of the time," he says.

At no point were we awkward or running out of things to talk about. Even when things were quiet, it was nice.

— Graham Kolajay



FILE PHOTO: Graham Kolajay was 20 when he went out of his way to bring his then-cousin home from the mall. **3** now

"I thought, that was really nice and really out of his way to bring me that cousin home from the mall. I wanted to do that again."

The two really hit it off at the after-party a subdued, adult after-the-Riders bar the Grey Cup. A week later, Graham went to Bagan for what they call their "sugar date." It lasted eight hours. Lunch at Shady's, the Korean restaurant, followed by karaoke.

"It felt like high stakes because

he'd driven all the way from Saskatchewan to come to Bagan," says Treble. "At no point were we embarrassed or running out of things to talk about. Even when things were quiet, it was nice," says Treble.

They were both on the Brier-Char

Then the next year but it was a dif- fered dynamic. Because they lived in different cities. The only time they'd see each other was at the east- west practices — a reminder that

Kolajay on Bagan

"We try and sneak off and catch up with this person and don't want to practice," says Treble.

As the relationship progressed, Graham planned a meaningful proposal during a vacation in Hawaii. A helicopter took over a particular spot on an idyllic beach. The practice- man, who is now dressed, said the spot is the past to wait at the family beach house using the helicopter.

Graham took her to the same spot, where they sat on the rocks looking over the ocean. He got down on one knee and proposed.

"And the ocean levels rose a little bit," he smiles.

"Yeah, instead boats as my part but now I can look on the vacation and see our rock anytime," says Treble.

"He's my assistant. He's my eye everything and has made me a better

person. I couldn't imagine my life without Graham."

Getting the ring to Hawaii was another story. Graham didn't want to put it in his checked luggage so he stashed the ring in his sweater pocket. But Treble got cold.

For hours, she was wrapped up in his sweater, off the while Graham sweating it out, worrying she would lose the ring.

Continued on Page 4

I love the idea of love. I love human interaction. If you can be part of helping people be happy and in love, it's the best feeling ever. — Hannah Haluska

"That's how I didn't feel it. I have no idea how," says Trudi. "She obviously placed it well because I had no idea he was that nervous, either."

The couple took a break from the teen in 2012 when Trudi finished school and moved to Saskatoon for a job at CIBC. They were on the team in 2013, performing celebratory routines of non-stop cheering and dancing when the Riders won the Grey Cup.

When the clock hit zero, Gies had picked up Trudi and spun her around in the mist of green and white confetti. They ran to the stage where the Grey Cup was presented and took a selfie.

They got married last year at the Delta Henderson in Saskatoon. A group of cheerleader friends hosted the couple into the bar at the reception, and the Riders even made an appearance in their vows.

Not everyone has the good fortune of love falling onto their lap. Some take it a little extra work, such as the services of a matchmaker.

Hannah Haluska, a hairdresser in Saskatoon, is constantly matching up her clients.

"I put a lot of people up on dates. Almost every single friend of mine or client of mine would tell you that I've set them up on a date," she says.

Her clients don't always want to be set up on dates either — she gets to know them all so well that it's easy to make the match. And sometimes she helps people get on their first date after a hiatus or breakup. While she doesn't have a marriage match (yet) none of her couples have been in long-term relationships.

As a hairdresser, it's her prey to make introductions. There's something about sitting in a chair that makes people open up.

"You learn a lot from people telling you how their dates went," she laughs.

The most common complaint she hears is that there's not a lot of options for finding dates in Saskatoon — even besides online or bars. It's also difficult to meet people in your 30s and 40s.

"It gets harder when you have kids



Hannah Haluska, a Saskatoon hairdresser, has set up many of her clients on dates in her 14 years of work. (EMILIO MASTRO/for THE STAR)

if you don't like volleyball then have to play an a league for four months without meeting someone.

"It's nice about being open to what life brings along for you."

Say hello — she would like to start a singles networking group in the near future.

"I love the idea of love. I love human interaction. If you can be part of

it, helping people be happy and in love, it's the best feeling ever."

photon@postmedia.com
Twitter: @HannahHaluska

THE DO'S AND DON'TS OF DATING:

After talking to countless men, here's what... *star* reporter Hannah Haluska has learned.

DO

- Be honest... comfortable with talking to new people; if you can open up, it's a lot easier for you to have better chance of meeting someone.
- Be open to who might come along — if it's not the right person, it's not the right person.
- Be honest about who you are and what you're looking for.
- Smile and accept praise. If you'll be more open to the life someone who loves them is, this will help.
- Try to be a good listener. Your ears will hear more of anything when you're in a match or by meeting a good catch.
- Throw a party and ask questions. Do better, more specific questions about your date; you can never know enough.

DON'T

- Try to poison your date by yourself with everything but all the ways.
- Don't be afraid to compromise to conform to your ideal.
- Try to poison the atmosphere of your date.
- Lie or embellish.
- Get discouraged; cheer's warnings for everyone.

At this point I knew this date was going nowhere. I mean, you don't steal my food when you tell me you're not hungry.

—Adina Tsantzas

YOU SAID IT: Readers describe their worst first date

LATE, CHEAP AND CLUED OUT

This guy asked me out on a Monday night for a drink. He was pretty cute and super nice. He had asked me to come to a certain restaurant because he had gift card... I should have said "I DON'T CARD ON AT FIRST DATES!" But who am I? I judge a gift card? He's cute, so I will yes.

He was late for our date. But only by 20 minutes, so I let it slide and waited patiently for the meal to arrive with that gift card.

He walked in and we had to wait, chittering. The first thing he asked the server was when was on special. So we started out with the margaritas. All I'm thinking is "This date is sheer."

An hour passes and he's acting a little drunk and I decide it's a smoke time. I ask him if he wants an apple-

here and he does not my request. I ordered a small one for myself. When it came to the table he started rambling about all that he'd had. He kept saying how good it was. At this point I knew this date was going nowhere. I mean you don't steal my food when you tell me you're not hungry.

Next, I go to the bar. I'm surprised when I get back I discover he had ordered a bottle of wine. This date was never ending. We proceeded to drink the wine, and then everything was fine. We continued to talk about world events and being stuffy, and he complimented me lots, which was nice. I started to second guess his appetites, watching as a red flag.

When it was time to get the bill he said, "Can you split the bills in two?" Oh, and put half the wine on each bill."

When the server brings the bill, my bill was \$80... he had ordered a very expensive bottle of wine. We only did this guy invite me out to use his gift certificate. He ordered wine and ate half my appetizer. I also tipped \$20 and can't just in case he didn't tip our server. This was a very expensive Monday.

Sadly this guy walked me out again and I had to decline. When I explained to him that he was really cheap he was in denial.

Two weeks later he wrote me a text that said, "Can I talk you out on another date?" I'll even pay this time!

Get bent, brat! I still to this day want to know how much was on that gift card that I've never seen!

—Alyna Mandana

THE PROGRESS OF A BAD DATE



For your enjoyment...

The MeeWasin Valley Centre and Beaver Creek Conservation Area are open during the February School Break.

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For more information call 218-475-5400.

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He was 30 years older than his picture, horseshoe bald head, pants pulled up so high showing all the "bulges," and a tight green Roughrider shirt tucked in! — Mandy Dyck

THE PROGRESS OF A BAD DATE



ONE DATE WAS ONE TOO MANY

"A few years ago, I went for tea with a guy I'd met online. We began to talk about current events and the conversation turned to the holocaust/Genocide conflict. He went on a rant about how the holocaust is when they led us in a car and a rail car, and in his part, about how the holocaust never happened.

I had to hear all about how the six million numbered was made up that the camps were death camps, they were just work camps. And the reason there are all these stories about it is because 'the Jews own Hollywood.'

Further evidence of the war libido conspiracy was the fact that if you even question the holocaust, you get cut off so jail.

I sat there in shock. My brain was doing generic trying-to-understand what was going on. He couldn't possibly be saying what it seemed he was.

"It's so good to be able to have someone to talk to about this if I try to talk to other people, they won't let me be said."

The thing is I am something of a holocaust scholar. I've watched countless movies and documentaries (including all eight hours of Shoah), read many of holocaust books, taken several university classes. Yet I have a speech impediment.

I interrupted a couple of times, trying to change the subject or to explain why people are upset when you question the existence of a significant genocide, only to be cut off so he could return to his rant. There wasn't much to say anyway. How do you try to convince someone that a major historical event did in fact occur?

Afterward, I considered adding, "What, before that the holocaust actually happened?" to my online profile. I shot it down instead.

— Selene Carvalho

NOT THE HORSESHEO BALDY

He was the man of my dreams! We had communication issues, but he was very attractive and my apartment.

We made arrangements to meet at a coffee shop. I'd never seen him before, but he had to let him know what I was wearing so he would be able to recognize me. He responded by letting me know he would be sitting near the back end so that he might be chatting with his neighbour who he had run into when I arrived.

I arrived a few minutes late. The place was almost full, so it took a minute to scan the room and find him. After a few minutes of looking I saw this man in the very back corner smiling, smiling, and looking right at me.

"That just can't be him," I thought. That has to be the neighbour he had spoken about. He was 30 years older than his pic, horseshoe bald, jeans pulled up so high showing all the "bulges," and a tight green Roughrider shirt tucked in.

I walked up to him awkwardly smiling, trying to make it not him. He introduced himself and my heart was literally pounding out of my chest again. This man was not the man of my dreams at all.

I tried to come up with something quick. I told him I had forgotten my phone in my car, and we would be right back. So I slowly walked out the door. Then as soon as I was out the door I literally ran to my car and never returned.

What a liar. He was nothing like his picture! I didn't feel bad for one second for leaving him there all alone when he had felt me like that. Unbelievable.

— Mandy Dyck



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I laughed and reminded myself that perhaps I needed to trust my instincts more when dating.

— Michelle Hughes

IT'S NOT HER, IT'S YOU

I have had some great dates. But the recent ones would have to be with a woman I met online who was very pretty in her pictures.

I decided to meet with her at a lounge. I arrived early so I went into the bar and sat down at a table and waited. All of a sudden a woman walked up to me and asked if I was. Even I said "yes, so, do I know you?"

Apparently it was her. Let's just say her pictures were home a better time in her life. So I approached, set her down and bought her a drink. I started asking questions about her and she asked about me. For about the most 30 minutes I listened to stories about her female roommates that left her for a man after 10 years together (I think she might have been a closet lesbian) and how she worked at a bar that hasn't been around in 20 years.

After about a half-hour of not trying to make eye contact, I had to go get my hair — if you know what I mean. I have had seven since then, that have just been terrible.

One lady laughed every time she said and kept telling me to shut up. Another one did not talk.

One pulled my ear a piece of s***. She did not even smile.

A different girl looked at me like she was going to sit my trash when I wouldn't let her pay the bill.

And the last one was ordering shots for herself like I was Donald Trump.

Another girl I actually may have dated. But she sat my lip so hard one night it kind of threw down with the best of them but when I start checking on my face that's a deal breaker.

I have since left the online dating world to stick with my good looks and great smile.

— Erin McGonigle

MISCHIEF INDEX

I ordered the risotto. She got tuna. I went to give her a kiss at the end of the night. She smacked me. She was a cat.

— via Twitter @erinh2110

NO HOUSE CALL FOR YOU, DOO

After encouragement from friends I signed up on Plenty of Fish to try online dating. One night while scrolling through the message list of options with a girlfriend she recognized one



THE PROGRESS OF A BAD DATE



of the options. She encouraged me to contact her, having known her as a good-looking, super sweet and established doctor who had met about 10 years earlier.

She and I did it really swimming type from his profile. I tried to listen on repeat. We measured backs and forth for a couple of weeks and then he asked me to lunch. As soon as I walked into the restaurant, it was obvious he was not my type.

He countered nervously as we spoke and since I knew the chemistry was not there, I decided to look at it as a practice date. Midway through the lunch he turned over and said he had to confess something to me.

He was a medical student named Angelo that he had met recently on POF. He went into great detail about their dates and how she had been to his house, while he had cooked her dinner and got interested.

Not sure whether to live out that this was an easy out or consider that he was picking the other woman, I asked him why he had asked me to lunch. He said I was so beautiful that he just had to meet me in person.

I enjoyed the rest of my lunches quickly as I could and used the timer after my out excuse to get out of there fast. He asked if he could see me in March. I replied: "Good luck with Angelo."

A few weeks later, my girlfriend called me mid-day and was holding onto the phone. She was holding behind a clothes rack in Winners — she had run into the doctor she had encouraged me to go on that date with.

"He hasn't stopped me in so many," she said and hung up. I laughed and remarked myself that perhaps I needed to trust my instincts more when dating.

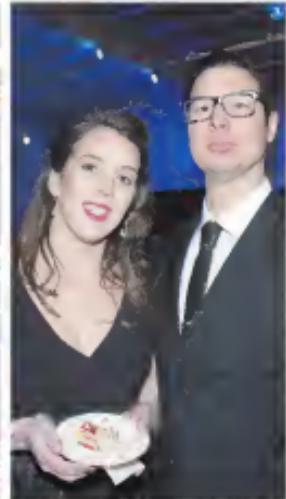
— Michelle Hughes

ON THE SCENE

CHEFS' GALA & SHOWCASE

It was a night full of old Hollywood glamour, cultural treats and some of the finest local Savoian chefs could dish up. The sixth annual Chefs' Gala & Showcase was held Feb. 7 at Phoenixland Park. In a nearly sold out dinner of 399, the event supports four organizations that contribute to Sedona's culture: Little Boxes on the Prairie (LBOP), Live Five Indie Indie Theatre, Rialto-Hello Chamber Music Festival and the Sedona Arts Council. Sedona artists also donated pieces for a live and silent auction. Live theater, opera and chamber music performances were interspersed with a decadent seven-course meal prepared by the city's top chefs.

BRIDGES PHOTOS BY LIAM RICHARDS



1. Sally Womble and Christine Womble

2. Phil Turner and Abby Johnson

3. Jennifer Wren and Marc Collier

4. Jerome Wright and Lori Sunik

ON THE SCENE

8. Kari Elliott and Sean Miller
 9. Jennifer Tang and Ryan Cooley
 10. Selected Collector and Yvonne Czer
 11. Heather Morrison, Carlin Hushfield
 Kristina Hughes



12. Diego Figueiredo and Kiana Loy
 13. Khayyam Ward, Jackson Wiebe and
 Jeni Caulfield
 14. Dave Doerksen, Jennifer Doerksen and John Scott
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MUSIC

WE'RE ON FACEBOOK: Visit us at
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COVER BAND

The Milkman's Sons found fountain of youth



The Milkman's Sons are (left to right) Eric Washington (keyboards), Geoff Gilbert (bass/guitar), Alan Kapachuk (lead vocals and bass), Terry Anaka (drums), Mickey Kapachuk (rhythm guitar and vocals). **MARK HANCOCK**

By Ashley Martin

Pearl Jam, Joy Division, The Blues Brothers, B.B. King, Prince, Pete Townshend

The Milkman's Sons have two things in common with all of them: They're transplants, for one thing

They've also each taken the stage at Chicago's famed House of Blues, Graceland, the Reggae cover band played the venue's secondary stage as the main act. The Tragically Hip played upstairs.

"It was even more than what we were expecting," said Mickey Kapachuk, rhythm guitarist and vocalist. "They're transplants, for one thing

Be Our Guest!

They gained some new fans from Wisconsin and Texas (and a promise by the manager to let a solo acoustic set during their Jan. 26 performance, even though they didn't bring their full production, which includes backdrops, stage lights and smoke machines).

Performance is a big part of the show. As much as the music is, the visual aspect and the entertainment merit part of it has to be there as well," said Ben Kapachuk, Mickey's brother, the band's lead vocalist and bass player.

They interact with the audience and tell a lot of jokes. "Our band

really doesn't start sounding good until you've had two drinks," said Mickey. "After six drinks, we start to look like the Rolling Stones." *"Kiss" always says, 'make sure to tip your waitstaff, but don't tip her out!"*

Even their name is a joke — talk to them a song by Ugly Kid Joe, it echoed their childhood dyslexia!

MUSIC

"To get at the other sibling when you were dead," said Kres. "Well you were adopted, or you're the middle child, that kind of thing. It sounded like \$1."

Their parents are deceased, but "they would get a real kick out of it," said Kres.

The McKenna's Sons have been a two-piece for little more than a year when Carol Krasnow joined as lead honoree. Geoff Gilbert is the newest addition in a previously rotating lead guitar role. Drummer Terry Anstis has been there since the beginning about three years ago.

For Kres that is a second time did justice with music. He grew up playing the bassoon but started learning lead guitar this first time.

He was inspired to play guitar just four years ago when his son started learning guitar in a high school class.

One day at home, Mickey packed up



The McKenna's Sons arrived at The House of Blues in Chicago, subbing for Kres. Kres

wasn't a guitar, pulled up a Led Zeppelin song, sat down and started teach himself the tablature.

When he started jamming with a jam band of noobs players, he met Anstis. Both preferred rock music, so they hatched off to start their own band.

That's when Mickey started getting Kres to pack up the bassoon. At

the month of jamming, Kres joined their jams.

Inspired from there.

The McKenna's Sons play classic

rock, country and punk, segmenting

it typically five-hour shows by each genre.

"What we're trying to do is come up with these two songs that each person is going to like," said Mickey.

"That's why we try to mix up the set a lot."

"The other 30 songs we do, they're not going to remember what we did," he added with a laugh.

With everything they play they try to pay tribute to the song's original creators.

People come out and they want to relive their youth again," said Mickey. "We're going to try to re-create those songs as close as possible to what they heard originally."

Just as their set list has changed so does their audience. The band works their themselves, having averaged age 30 (possibly even lower) everyone from 90-something to senior citizens.

"We've had a lot of people really want to do it as well, because they all wish they could be doing it, taking up a guitar like in life and going out and having fun," said Mickey. "We're acting like a bunch of 16-year-olds

with all your old heads on our shoulders."

In at least one case, they're as young other older people to pick up an instrument. A friend of Kres's had stopped playing guitar years ago, since leaving the band performs, he has picked up his guitar again.

"I like saying to them, 'Look at me, you can do this if every age past do it. Just make your mind up.' And that's what I want to do is inspire somebody," said Kres.

"Music is the fountain of youth ... I never grow it up again. I'm going to be doing this whether it's in the old folks home doing amateur sessions when I'm 80. It's just been too much fun."

The McKenna's Sons are playing Feb. 14 at Masonic as part of the Roots & Rhythms: Tournament of Hearts benefit.

tinyurl.com/lnq9p3m
tinyurl.com/m36743y

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The Saskatoon Symphony
Orchestra Presents
Espana
Saturday, February 28

7:30 PM TCU Place
Featuring Daniel Boothby, cello
Lucas Wadding, guitar/conductor

SASKATOON
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tinyurl.com/n36743y

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IN THE CITY

■ FEBRUARY 8, 2015 - 9:58 A.M.

On the ice stage



Peninsula Academy's Sarah Murphy competes at the Prairie Regional Synchronized Skating Championships at the Cypress Centre in Winnipeg. BRIDGES PHOTO BY MICHELLE RING



Next week in BRIDGES

Ted Rowan took up track and field at the age of 70. Since then, he's set 15 Canadian records.



HYDE PARK VIEW

333 Slimmon Place
Saskatoon, SK

*Retirement First
New-Adult Housing
Community*

Life-Lease Suites for 50-Plus Adults

Contact
Shelley Davis

306-612-3338

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- Workshop
- Library
- Mini-Theatre
- Games Room
- Exercise Room

NOTE: No legal fees and estate costs are required when closing Hyde Park View!

*Imagine the view
from here*

Hyde Park View is transforming the concept of adult housing in Saskatoon! This new 50+ adult housing development is ideally located near stores and provides unique services and combines contemporary style, superb amenities and Age-in-Place Design.

Age-in-Place Design includes 36-inch wide doorways, spacious floor plans and a census floor, barrier-free walk to tiled shower enclosed in glass. Assisted living services can be purchased and delivered in the suite, as required. When independent living becomes a challenge, individuals can move to the assisted living floor. Emergency medical care is offered 24 hours a day. The option can choose to move or stay in the independent floor. Twenty-five personal care suites will provide an extraordinary level of care staffed by qualified, trained personnel.

Additional Design Features include floor-to-ceiling, triple pane windows that capture gorgeous views of Hyde Park, with an 237 acres of hills, parkland and walking trails right across the street! All of the room types of Hyde Park consider individuals with disabilities in mind, including accessible entrances. Medical oxygen is available at a low standard than many condos with instant on-the-hour and control air systems with enterprise cooling for each room.

Life-lease suites are pre-selling with 36 units will available in due January 2016. Status ranges in size from 821 to 1,387 square feet, including one bedroom plus den, two bedrooms and two bedrooms plus den units.

Many life-lease suite options can include parking and in the storage, barrier-free porches, with adjustable reinforced dry walled rooms. Residents enjoy full access to the numerous attractive amenities spaces.

Hyde Park View offers some of the most unique spaces in the city, especially when you consider the amenities and the high level of service provided to residents. The Ellen Lodge Housing Group has been providing quality housing in Saskatoon for more than 30 years.

Contact Shelley Davis at (306) 612-3338 and visit the website at www.hydeparkview.com for more information or drop by Ellen Lodge (1123 Main Avenue) between 10am and 4pm to pick up a sales package.

www.hydeparkview.org

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

MUSIC

Wed., Feb. 11

Gorgeous Earrings
Beds on Broadway;
111 Broadway Ave.

Thurs., Feb. 12

Teicher Mills
Beds on Broadway;
111 Broadway Ave.

Rebel Wood
Broadway Theatre,
715 Broadway Ave.

Fri., Feb. 13

Fear of Knowing
Beds on Broadway;
111 Broadway Ave.

**Pheno Friday: Ray Steepe-
ton**
Jesus (Steeper) Berlin's
Believers' Bazaar/
Broadway in Love;
The Bazaar;
204 Fourth Ave. N.

Dan McCannell Band
Army & Navy Club;
359 First Ave. N.

Persephone
Toon Town Tavern,
3330 16th St.

The Rhythmnatics
Fairfield Senior Citizens'
Center,
103 Fairmont Ct.

Major Mills
McKeeley Robinson,
3130 16th St. E.

The Blues vs Silent Sea
Angeus Cantina,
806 Dufferin Ave.

**Daphne Mathews w/ Doug
Kovalik and Holly Wilson**
Vernon's Tavern;
461 Broadway Ave.

The Wibbles
Stairs Place,
106-110 Ruth St. E.



Pair of Phoenixes performing at Club on Broadway on Valentine's Day. Submit photo here

Jeff Ivan

Winstons Annual Anti-Val-
entine's Day

Set., Feb. 14

Pear of Knowing

Beds on Broadway;
111 Broadway Ave.

James St. Lureys' Meaow

Dressin

Jazz Singer Series: Sea-
lenton Summer Players'

Broadway in Love;
The Basement;

204 Fourth Ave. N.

Ben McDonald Band

Army & Navy Club;
359 First Ave. N.

Valentine's Day

Denice

Valentine's Day: Leon Ochs

Downtown Legion;

605 Spadine Drs. W.

Valentine's Day

McKeeley Robinson;

3130 16th St. E.

Rich Home Queen w/ A-

gesse

and DJ Oleg

Orbison Event Centre;

241 Second Ave. S.

The Pinotphiles w/ Classy

Chassis

Angela Cantina;

606 Dufferin Ave.

Valentine's Day: Greenwood

and Bay Blakk

Neil Young Fest 5.5: The

Shaky Beers w/ Ride HI

Dawn, The Red Decisions

and The Rebels

Capital Music Club;

244 First Ave. N.

Pocket Change

Weight's Tavern;

801 Broadway Ave.

Anti-Valentine's Day Party:

The Northern Light,

Death

by Robert, Javelin, Mobius

Galaxy and the Gots

Rock Bottom;

8305 Broadway Ave.

The Rebels

Stan & Flea;

106-110 Ruth St. E.

Jett Ren

Peggy's Pub and Grill;

1403 16th St. N.

Acoustic Jamz

Studs on Broadway;

817 Broadway Ave.

Wests Series: Matthew

Kyree

The Basement;

254 Fourth Ave. N.

Star., Feb. 17

Big Dave McLean
Beds on Broadway;
111 Broadway Ave.

**The Acoustic Sounds of Big
Sugar w/ Will Williams**
Broadway Theatre;
715 Broadway Ave.

ART

The gallery at Resource Mon-
treal Central Library
until Feb. 26 at 201 23rd St. E.
Her Story by the Local History
Department (SPL). A temporal
tour in photographs of Seake-
teen's early businesses and
beauty parlours. Reception:
Feb. 11, 7 p.m. to 9 p.m.

EVENTS

Mendel Art Gallery

Until March 22 at 950 Spadina Cris. 8. Nine winter exhibitions include *Borderland* and *War Rugs* from Afghanistan, *Deep Weather* by Swiss artist Ursula Elbmann, concerning certain events, recent works by Saskatchewan artists Tammi Campbell and Kara Lashman, the *Border-Crossers Study Centre*, a mobile archive of the 34-year history of *Border Crossings* art magazine, and the *IBC Artists* by *Artists in Canada*. *Artists in Canada* is unknown, reflecting Marlene Martin's membership with *Cathryn Miller*.

The Gallery Art Placement

Until March 5 at 228 Third Ave. S. *Tricings* by Lynne Graham. A recent series of still-life drawings. Reception Feb 12, 6 p.m. to 8 p.m.

Paint Arts

Feb 13, 8 p.m. to 11 p.m. 200th St. W. *Provinciales* screening and *Teens' Kitchen*. An annual touring collection of short films and videos made by Alberta artists. *Teen's Kitchen* will be open before and after the screening, featuring *Refracting on Quintiles*, short videos by John Morgan. Good Dog Bad Dog by Ed Janzen runs until Feb 20.

Gordon Smith Gallery

Until Feb. 13 in Room 191 U of S Murray Building. 15, a joint exhibition featuring University of Saskatchewan and University of Regina students. Reception Feb. 13, 7 p.m. to 10 p.m.

MCYAP Art Gallery

Until Feb. 13 at 253 Third Ave. S. *MetroMammals* by Kevin Misseault. Native animals stand in urban settings. *Wearin' Thyme to Expiration* by Brenda Kalapala, Feb. 16 until March 13.

Eye Gallery

Until Feb. 13 at 101-1133 College St. Close to home. Photo-



Herding the Cows by Chris Cox on display at the *Galaxy* at Royal Canadian Legion Centra Library.

drawn by Jenette Pfeiffer.

Art in the Galaxy

Until Feb. 21 at 101 Broadway Ave. *Our Prints in Fibre: A collection of prints art from women across Alberta, Saskatchewan and Manitoba.*

Haus Art Supply

Until Feb. 28 at 1018 Lorne Ave. *Artwork by Hugo*

McIntosh. Reception Feb. 12, 6 p.m. to 8 p.m.

Art in the Centre

Until Feb. 28 at 101 Parkdale Crt., 101 Grapery. *Art Works* by the *Rehearsal Art Group*.

Humboldt and District Museum and Gallery

Until Feb. 21 at 951 Main St., in Humboldt. *Land of Living Skies*, an *OSCAR* Arts on the

Move exhibit. *Centrifuge: A Local Perspective* exhibit by the Saskatoon Potters' Guild, runs until March 27.

Station Arts Centre, North Battleford

Until Feb. 28 at 701 Railway Ave. *Walkabout: Installation of the Works of the Alchemists*. An exhibition of art from women across Alberta, Saskatchewan and Manitoba.

STML Gallery

Until Feb. 28 at 51 Thomas More College, 1037 College St. *IMPRESSIVE* University of Saskatchewan Intermediate Printmaking Students.

LinkedIn Galaxy Collective

Until Feb. 28 along the riverbank from the Kawartha

Valley Centre to the Mendel Art Gallery. An installation by Marlene Martin with support from Geek Tek members.

Saskatoon City Hospital Gallery on the Bridges

Until Feb. 28 on the sixth floor of the Alchemists' City Hospital. *Winter Colour* Landscapes by Patricia L. Clarke and contemporary textured acrylic paintings by Marlene Martin. *New Circumstances* Run through February. Recent acrylic paintings by Michael J. Martin.

Prarie Star Gallery

Until March 1 at 1036 Eighth St. E. *GO* by Michael Bernada.

Headstone House Showcase

Until March 21 at 210 Broad-

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

Humboldt and District Museum and Gallery

Until March 27 at 101 Main St., in Humboldt. *Centrifuge: A Local Perspective* exhibit by the Saskatoon Potters' Guild.

FAMILY

Stay and Play

Tuesdays, Wednesdays and Thursdays, 9:15 a.m. to 11:30 a.m. through April. For children up to age five. Semi-structured, crafts, snacks, story time, toys, activities. Email stayandplay@sasktel.net or visit the [Peekaboo page](http://www.sasktel.ca).

Saskatoon Peaceful Parenting

Meets 11 a.m. to 12:30 p.m. at the Pregnancy and Parenting Health Centre, 268 Third Ave. S. For any family seeking to raise their children peacefully. A different topic each month. Children are welcome.

Art and Stories

WeeSings, 11 a.m. to 12:30 p.m. at Centre Cinemas in The Centre. Choice of two movies each week, a baby-friendly environment with lowered volume, dimmed lighting, a swiveling table and a smaller screen in select theatres.

Boomers Indoor Playgroup

Thursdays, 10 a.m. to 11:15 a.m., through May, at Emmanuel Baptist Church, 1938 10th St. *Boomers* are invited. Registration kids 10 and up. A hour or hour and a half. For kids, 12 years and up. For adults, designed to play piano, coffee and tea for service. Registration on arrival. Information at sasktel.net/boomer or their Facebook page.

Cra's Clean and Play

10 a.m. to 1 p.m. to 11 p.m. 4616 6th St. South Rehearsal St. W. In Weyburn. *Saskatchewan's newest indoor playground*. For children up to age 12. Visit cra-cleaning.com or their Facebook page.

EVENTS

Classes on Strong Mums & Baby Fitness

Wednesday until April 8, 8:30 a.m. A mom and babe indoor exercise class. All fitness levels are welcome. Registration and information at sessions@strongmums.com or fb.com/StrongmumsStrongMums.

Pan-Indian Indoor Playground

Daily 1-6:30 p.m. Quebec Ave. A giant indoor playground for young children. Adults and children under one year are free. There is a separate fenced in area for children under two.

Children's Play Centre

Delta Lagoon Heights Mall. A fun, safe, inclusive space for preschool children to play. Please note this is an un-supervised play area, and adults must stay with their supervisor children at all times.

Market Mall Children's Play Centre

Daily just off the food court, at Market Mall. The play area is free and has different level slides. Children must wear socks in the play area.

Pop in & Play

Thursdays until May 21, 9:30 a.m. to 11:30 a.m., at Franklin Alliance Church, 310 Pechaud-off Cres. For children and their parents. Monthly themes, learning centres, snacks and occasional speakers. Information at officer@franklinalliance.com.

Mothers for Monarchs

Thursdays, 1-1 p.m., at Riverview Cinemas in The Centre. An infant-friendly environment with reduced sound, change tables, bottle warming and stroller parking.

Breastfeeding Cafe

Thursdays, 10 a.m. to 11:30 a.m., at Westhills Primary Health Centre, 3311 Fairlight



Wide Open Children's Theatre's Grimm opened on Saturday, with shows shrimp the arched break span by Wide Open Children's Theatre. The people of Grimm need help repairing, sleeping, beautifying, and healing outwith the Witch of Grimm. Tickets at wideopen.com or at the door.

Grimm Grimm

Feb. 13-22 at The Refinery, 809 Dufferin Ave. Three classic tales by the brothers Grimm adapted with a

spin by Wide Open Children's Theatre. The people of Grimm need help repairing, sleeping, beautifying, and healing outwith the Witch of Grimm. Tickets at wideopen.com or at the door.

Our Seat Clinic

Second Thursday each month, 3 p.m. to 6 p.m., at Pregnancy and Parenting Health Centre, 3-305 23rd St. E. Get your seats checked

and questions answered by trained Car Seat Technicians. Call 306-281-7931 or email wideopen@juno.com to register. Drop-in is also welcome and a quiet time for a break.

My Smart Hands Baby and Toddler Sign Language

Starting Feb. 10, Baby sign language provides the ability to communicate with your pre-verbal baby, accelerates

social development and strengthens cognitive skills. For information contact Tammy Myrfeld-Wells 6.5W, RSH, certified baby sign instructor at tamyinmyrmw.com or www.handsakateen.com.

Sleep in 2010!

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall at Lewisville Heights. Classes consist of power-walking, body-sculpting moves using exercise balls and a stretching session for parents and babies. Pre-register at nurture-sandiego.com. No classes on stat holidays.

Baby Ta Ta Kit 100!

Fridays, 10:30 a.m., at Alice Human Branch, Mondays, 10:30 a.m., at Carlyle Long Branch and 10:30 a.m., at 103rd Street Branch and Tuesdays, 10:30 a.m., at 20th Street Branch. Half-hour singing and rhymes, this sing-along with other parents.

Kids' Graffiti Painting Class

Feb. 13, 2 p.m. at West Hill Pottery, 3101 Eighth St., E. A step-by-step class in acrylic painting. The project is Neon Love. Register at 306-373-3215.

Parrot Family Fun

Sundays, 2 p.m. to 4 p.m., at the Mencel Art Gallery, 950 Spadina cres. E. Parrot fairs four to 12, accompanied by an adult, art-making activities led by gallery artists. Supplies are provided. \$15. Commemorative family day with a painting activity inspired by the textile exhibition.

Prenatal Yoga

Monday, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 3-305 23rd St. E. Explore to intermediate yoga designed to help with postpartum recovery. Baby friendly class with a certified yoga teacher. \$12/class for four weeks. No classes for two to three weeks. All ages are welcome.

weeks to two years (postpartum). Register at mencel.com. \$100. No class on stat holidays.

Canada in Light: Source (CLX) Public Tours

Mondays, 1:30 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Pre-registration is required. Call 306-651-3644, email:public@lightsource.ca or visit lightsource.ca/education/public_tours.php.

Prenatal Yoga

Mondays, 6:30 p.m. to 7:30 p.m., at Pregnancy and Parenting Health Centre, 3-305 23rd St. E. Taught by a local instructor, this class is a gentle exercise class for anyone in pregnancy. Call 306-281-0420 or email pregnancy@keyfit.ca for class times. No classes on stat holidays.

2015 Saskatchewan Winter Camping Camp

Feb. 16-18 in the U of S Estevan Gym. Presented by the Saskatchewan Wrestling Club. With head coach Andy Mawet. All ages competitive wrestling, open to anyone who wants to wrestle. Register at 306-651-6437, danieldolven@juno.com.

Get in the Family

Feb. 16-20 at Beaver Creek Conservation Area. Bring the family to learn about birds in the area. With winter nature walks, interactive centre activities, and owl-inspired crafts. Information at 306-347-2474.

Playgroup

Thursdays, 9:30 a.m. to 11:30 a.m., at Bridge-Westminster United Church, hosted by Prairie Hearts Learning Community, a group of families inspired by Bridgette Phillips' philosophy. Programming is aimed at children ages two to five, but all ages are welcome.

What you need to know to plan your week.

Send events to bridges@thestarphoenix.com

Health Centre, 3311 Fairlight

EVENTS

Maple Carpet Bowling

Wednesdays, 7:35 p.m., at Maple United Church. Beginner and experienced players are welcome. For information call 306-651-2521.

ICC Film Series: *Offshore*

Feb. 11, 7 p.m., at Beaconsfield Theatre. Members of the U of S Department of English, Shakespeare on the Saskatchewan and the Saskatchewan Native Theatre Company hold a discussion following the film. Admission at the door.

UFV Public Presentation

Feb. 11, 7 p.m., at the YWCA, 100 22nd St. N. Hosted by the Canadian Federation of University Women, GRUW Saskatchewan president Giselle Surprenant will speak on her experience as a volunteer in Tanzania and on how women can become involved in helping women at home.

I Love Rock 'n Roll

Feb. 12, 9:30 a.m. to 10:30 p.m., at Mosaic Hall, 101 Saskatchewan Cres. N. For Valentine's fundraiser for Girls Rock Camp Saskatchewan. With a coffee, pizza sale, snacks, drinks, games and prizes. Tickets at saskrockevents.com. Tickets also at the door.

EFPC Classes

Thursdays, 7 p.m., in room 13 at Albert Community Centre, 100 22nd St. N. Saskatoon International Folkdance Club. Learn dances from many countries around the world. First night is free. Visit saskinternationalspace.com.

Scrabblethon

Feb. 13, 6 p.m., at Louis' Pub, 80 Coronis Cres. For Valentine's fundraiser. Scrabble, roulette by Lulut and music by DJ Bruno. Tickets at saskscrabble.com, at the UTSU (Valentine's Extravaganza), or at the door. A 19+ event.

Lynn Quastle Recital Series: Winter Recital

Feb. 13, 6:45 p.m., talk, 7:30

p.m. concert at St. Andrew's Presbyterian Church, 638 Spadina Cres. E. Violinist Andy Kang, cellist Rachel Morrison, and pianist Andre Park perform. With works by Mendelssohn, Bach, Chopin and Saskatchewan born William Stevenson. Tickets at venuespiano.com or at the door.

Old-Fashioned Kitchen Party

Feb. 13, 10:30 p.m., at the University Centre, 210 University St. #100, University of Saskatchewan. A family event with music, food and fellowship, making for sale. Tickets at the door.

Motorsport Spectacular

Feb. 13-16 at SaskTel centre. Tickets at 306-937-7800. [Motorspots.com](http://motorspots.com).

Fourth Annual Saskatchewan Enviro Expo

Feb. 13-15 at Prairiefire Park. With competitors, trade show, a timber challenge, clinics, seminars and demonstrations. Saskatchewan Enviro Federation (SEF) Feb. 14, 3 p.m. Awards of Excellence luncheon Feb. 14, 12 p.m. Tickets and information at saskenviroexpo.com. Tickets also at the door.

Valentine's Bike Sale

Feb. 14, 10 a.m. to 2 p.m., at Market Hall. A fundraiser for Save the Children Canada. Donations are requested and accepted at the sale location from 9 a.m. to 1 p.m. Bookends, second-hand items and unused items are accepted. Please wash your hands. For information call 306-467-7748 or 306-333-9077, or email markethall@sasktel.net.

At Your Leisure

Feb. 14, 12:30 a.m. to 3 p.m., at Market Hall. Hosted by byline Hippo Dog Rescue. A pet adoption day event. Showcasing some of Hippo's adoptable dogs in a runway show.

Valentine's Day Mad Party and Paint & Sip

Feb. 14, 9 p.m., at Tequila Highfives, 1201 Alberta Ave. Five Saskatchewan days. Each show by Lee Steele. Paints and media from Messelis.



Provincially recognized poly performing trials are one of the attractions to see at the Motorsport Spectacular. (Photo: CP/Mat Sastre/SaskTel)

Chinese New Year Celebration

Feb. 14, 7:30 p.m., at TCU Place. Celebrate the Year of the Goat. Cocktails, silent-auction, performances and price draws. Tickets at 306-282-3896, 206-370-6159.

Wine & Cheese Tasting Event

Feb. 14, 7:30 p.m., at Riverstone (Bellevue) and Market, 101 20th St. W. Tastings, silent auction, wine and cheese. Tickets at 306-944-3355.

What is Love? & "60s Valentine's Dance Party

Feb. 14, 8 p.m. at Cinema Soma's Centre, 641 15th St. E. Hosted by Sip, Innova, a '60s-themed dance party. Tickets from the U of S Club or at the door.

Valentine's Day Mad Party and Paint & Sip

Feb. 14, 9 p.m., at Tequila Highfives, 1201 Alberta Ave. Five Saskatchewan days. Each show by Lee Steele. Paints and media from Messelis.

Tale It Agency Admission at the door

Feb. 14 Valentine's Latin Party Feb. 14, 9 p.m., at PCAP Admin Hall, 2407 Ave. C N. Presented by Cubanato Salento & CHIC. Latin-Salsa band. Tickets at sasklatino.com.

PAGGA PASSA

Feb. 15, 5 p.m., at Chitland Event Centre, 241 Second Ave. S. A demolition race event. Features DJ Scott Turner and DJ Heywood and Caribbean food. Admission at the door.

Tonight It's Poetry

Feb. 15, 7:30 p.m., at The Arts Atelier, 1147 Ave. N. Community Stage featuring Shanya Stock.

Freestil Berndsen

Feb. 15, 5 p.m. at Brookside Gardens. Presented by the Provincial Ice Carving Society of Saskatchewan. A two-week long ice carving exhibit. Guest carvers from across North America will create ice. With coloured lights and musical selections at night.

What you need to know to plan your week. Send events to bridges@thestarphoenix.com

English for Employment Class

Moderated by the Saskatchewan Open Door Society. Improve English pronunciation and communication, and learn what you need to find work in Saskatchewan. Information or registration at 306-252-4333, 306-653-4474, 306-252-4336, 306-653-4474, saskopenDoor.org, saskopenDoor.sask.ca.

THEATRE

More Polar Playplay

Feb. 14-16, 8 p.m., at The Reference, 609 8th Street East. Mike Buley's play about one man's journey on the iceway road to enlightenment is performed at a community theatre. Tickets at 306-653-5191, onboards.ca.

Saskatoon Scamps Improve Comedy

Feb. 15, 9:30 p.m., at Beaconsfield Theatre. The improv comedy troupe brings laughter to the stage. Tickets at 306-653-4506 or at the door.

The No-Name

Feb. 15-20, 9 p.m., at Relais, 303 Fourth Ave. N. The improv comedy troupe performs at the door.

Seven Stories

Until Feb. 20, 10 a.m.-10 p.m., at the North Saskatchewan River Room, 101 in the U of S John MacCallum building. Presented by Dayglo Theatre. Past and Second year drama students. Tickets at 306-966-5186.

Magie's Wedding

Until Feb. 22, 21 p.m. in Phoenix Theatre. While seeking refuge from a sudden storm, Magie and Charlie find just shelter, love each other and a little love, love. Tickets at 306-384-7732, phoenixtheatre.org.

Want to be a writer, community activist or bylines? Call the Star. saskphoenix.com or bridges@thestarphoenix.com. Submission is free, except before the event date.

CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

1 Baker
4 Don't you believe that
for short
7 Allegro (musical con-
dition)
13 Main event?
15 Invited by
15 Juries to evaluate
one's artistic才华
16 Whistling... or
hissing
17 Shilly-shally of report.
18 Pink color of the Prefe-
tural
19 Dog for session
21 Late (timepiece)
22 Home of the (ordained
bishops)
23 Bim
26 Registered workers?
27 Paul
28 Use some breaking
news, newsflash
30 Game of skill or art
37 "Me" too?
38 Shrine of hotel
39 Amusement at an
event
42 Writer with a belief
in itself
44 (Off) goals
45 First, twice
47 Long relationship
48 Rule of 35, Down
51 Speaker's catch
54 S.F. e.g.
55 "My best"
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Photo © AP Photo/Johnson

DOWN

1 Roof (Alt. pedicel
direction)

2 "Point for it now?"

SUDOKU

Level: Beginner

Fill in the blank cells
using numbers 1 to 9.
Each number can ap-
pear only once in each
row, column and 3x3
block. Use logic and
process of elimination
to solve the puzzle.

We difficult in all
ranges (from Bronze
(6 easiest) to Silver
to Gold (hardest)).

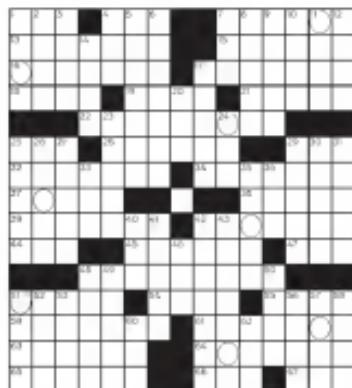
Authentic Amish
Cooking

Photo © Linda L. Johnson

Sour Cream Cookies

3 C. Sugar
2 C. Butter (or shortening)
4 Eggs
1 C. Sour Cream
1 C. Sour Milk
Op 2 C. Sour Cream
Op 2 C. Flour

2 t. Baking Soda
4 t. Baking Powder
7 t. Salt
1 t. Vanilla
2 t. Lemon
7 C. Flour



Mix sugar and shortening. Add eggs and mix well. Add the rest of brown. Pour with your favorite frosting. Use 2 cups of sour cream no like their better.

AUTHENTIC FURNITURE

Custom Solid Wood Heirloom Pieces



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OUTSIDE THE LINES

Colouring contest



Last week's contest winner is Kael Zebala.

Thanks to everyone who submitted entries!

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SHARP EATS

See a food trend you think deserves a highlight in Bridges?
 Email bridges@thestarphoenix.com
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LOCAL FOOD SCENE

Valentine's Day dessert pot-luck for the ladies

By Jenn Sharp

It's hard to be single on Valentine's Day. As much as you want to say "wave off life's a bummer, over-commercialized, holiday anyway," it's still hard. Luckily chocolate can still.

It's also hard to be coupled up — what are the expectations? Do you go over the top with roses, chocolates and dinner? Sometimes girls say they don't care about Valentine's Day but secretly they want a dinner. What's a guy to do?

Ladies, take a little pressure off you into this Valentine and say you're hanging with the girls. Then, whip up one of these delicious desserts.

RED VELVET CUPCAKES WITH DARK CHOCOLATE GANACHE AND RASPBERRY CREAM CHEESE ICING

Start from scratch and pastry chef Renée Kahlman's cupcakes are to-die-for — not overly sweet plus there's heart! That makes them healthy right?

Recipe reprinted with permission from www.kahlman.com

Serves 12

INGREDIENTS:

- 3/4 cup fresh raspberries
- 2 1/2 cups all-purpose flour
- 3/2 cup unsweetened cocoa powder
- 1 1/2 cup baking powder
- 3/2 cup baking soda
- 1 1/2 cup granulated sugar
- 2 1/2 cups buttermilk
- 1 1/2 cups canola oil, rinsed, strained, pasteurized
- 1 1/2 cups granulated sugar
- 3/2 cup melted butter (for vegetable oil)
- 4 eggs
- 2 1/2 cups vanilla
- 2 cups buttermilk
- 3/2 cup light cream cheese (or full fat, sour)
- 2 1/2 cup icing sugar



View the recipe at www.kahlman.com or www.kahlman.com/Red-Velvet-Cupcakes-with-Dark-Chocolate-Ganache-and-Raspberry-Cream-Cheese-Icing.html

METHOD:

1. Preheat oven to 350°. Line 12 cup muffin tins with paper, or spray with oil.
2. Mix together dry ingredients.
3. Puree buttermilk in a blender or the immersion blender.
4. Blend the sugar and oil in a medium-sized bowl, using an electric mixer, for about 25 minutes. Beat in the eggs, then the buttermilk. Gradually beat in one-third of the flour mix, just until blended, then half of the buttermilk. Scrape down the

side of the bowl, and add the butter mixture. Divide the batter among the muffin cups, filling 2/3 full.

5. Bake in the centre of your oven for about 25 minutes or until tester comes out clean. Cool in pan on rack for 10 minutes, then remove from pan and cool completely before digging in/garnishing.

CHOCOLATE GANACHE

6. 2 1/2 cup heavy cream
- 1 cup dark chocolate, chopped

7. Place chopped chocolate in a bowl.
8. Heat the cream in a saucepan until boiling. Pour over the chopped chocolate, and whisk until smooth. Let sit for about 10 minutes before pouring over cupcakes.

9. Place the tops in and let rest on a cutting board or rock. Let sit for a few minutes and plunge again. 10. Wait until the glaze is completely set, before piping on your raspberry cream cheese icing.

RASPBERRY CREAM CHEESE ICING

1. Stir in your raspberries, reserving the liquid.
2. In a mixing bowl, beat the cream cheese until soft, add the icing sugar and whisk until smooth.
3. Pipe a dollop on top of your chocolate cupcakes or you can more plainly once the ganache has dried and simply smooth the cupcake with that icing. These are best the day of, but will be fine if refrigerated in an airtight container, for a couple of days.

SHARP EATS

CHERRY BERRIES ON A CLOUD

Remembrance of the '70s: this beautiful whipped meringue topped with bright red cherries, was a staple in my house. Mom always made it when we hosted a dinner party or an special occasion. It's time to re-create. Though... give yourself two-days before you want to serve it.

Recipe courtesy of *Wiseacre: More Recipes from the Best of Bridge*. Volume 2, www.bethelbooks.com \$14. © Reprinted with publisher permission.

Serves a whole party

MERINGUE

4 egg whites
1 1/2 teaspoons of sugar
1/4 tsp salt
1 1/2 cups sugar

FILLING

1 1/2 oz. package cream cheese, soft and
1 cup sugar
1/4 tsp vanilla
2 cups whipping cream, whipped
2 cups maraschino cherries

TOPPING

1 liter can cherry pie filling
1 cup lemon juice
2 cups dried frozen cherries

TO MAKE MERINGUE

1 Heat oven to 200°. Generously 18 cups.
2 Beat egg whites, cream of tartar and salt until frothy. Gradually beat in sugar. Beat until very stiff about 30 minutes.
3 Take one hour. Turn off oven and leave meringue in oven overnight or 12 hours.

TO MAKE FILLING

1 Mix cream cheese with sugar and vanilla.
2 Gently fold in whipped cream and cherries. Spread over meringue.
3 Refrigerate overnight or 12 hours.
4 Cut into serving pieces and add topping.

TO MAKE TOPPING

1 Stir pie filling and lemon juice into thawed cherries. Warm! It's done



Fluffy whipped meringue and bright red fruit make the classic dessert Cherry Berries on a Cloud perfect for a Valentine's Day dessert. *Wiseacre: More Recipes from the Best of Bridge*, Volume 2, \$14. © Reprinted with publisher permission.



Jenn's Raw Chocolate Pudding Parfait. *Wiseacre: More Recipes from the Best of Bridge*, Volume 2, \$14. © Reprinted with publisher permission.

JENN'S RAW CHOCOLATE PUDDING PARFAIT

If you're looking for a little less indulgence than in the dessert for you, I adapted it from a recipe I found online and tweaked it to my preference. Taste as you go with this one and add more cherries, secondarily if you're making enough for a party you'll want to double the range of use until you taste to your satisfaction.

Serves 3

INGREDIENTS:

2 ripe avocados
1/2 cup unsweetened marsh or rose

coconut powder

1/2 to 1 cup almond milk
2 to 2 1/2 cups raw honey or maple syrup
2 1/2 cups coconut oil
1/2 tsp vanilla
A pinch of sea salt
1/2 cup dried cherries (optional)
1/2 cup coconut butter (optional)
1/2 cup coconut milk, refrigerated
1 cup berries (fresh and thawed) or fresh

METHOD:

1 Blend all ingredients in a food processor or blender (if you use a blender, you'll have to scrape the sides down many times).
2 Add almond milk until you get the desired consistency. Add more

water to your taste. I put mine honey and coconut butter in once.

3 Open the can of coconut milk — the cream will be the hardened top layer. Scoop it out with a bowl and blend with a little vanilla and maple syrup if you like. That's your coconut cream.

4 Using a small B rimmed glass, scandalize a cocktail glass. (I like the bottom with padding, then a layer of coconut cream. Top with the berries, more padding and/or cream, depending on how much you have left. Garnish with a few berries or sprig of mint.)

What are you doing for Valentine's Day? Do you click钟爱 it at a website or event? *Tellusnow@phoenix.com*

ASK ELLIE

Be your boyfriend's ally, not his alternate good-Mama

Q: My boyfriend and I have lived together for 18 months. We're both almost 30.

His mother is seriously interfering with our relationship.

He lost his father when he was a teenager. Yet his mother still has his father's thoughts around — pictures, pleasure, music, etc. She remarried two years later to a man who's not very nice and was a friend of my boyfriend's father (parenting issues people).

My boyfriend asked me not to tell his mother when we see his father's family — including my boyfriend's two half-siblings and their children, uncles and aunts, cousins.

He said it hurts his mother's feelings when we see them. We try to get together with his half-siblings every couple of months.

The other day, his mother flew to her mother's home, the mentioned that we want to have a destination wedding (at home) and it'd be too large.

She instantly snapped "I've already told you if you do that I'm not coming." He's her only child.

When asked her first reason was that his date's side would be there — specifically the half-siblings.

I said they were his family, too. She then said her husband wouldn't go, so she'd be on her own.

I said that my family would bring out with her and her mother.

She just traps my boyfriend about his family and it breaks my heart.

His half-sister had a destination wedding a couple of years ago. His mother, who hasn't contacted them in eight years, said she was hurt that she wasn't invited.

With a potential marriage on the line, I've got to go to the mother-in-law now.

I've told my boyfriend that I want to tell his mother until she apologizes to both of us for what she said on Christmas Eve.

It would bother me if he goes over — but I am trying for being as informed and taken heart.

I've mentioned it to my boyfriend about confronting her and possibly acting her out of his life even if his dad's death, but he won't.

I've seen this many, too, because he just doesn't want his around his siblings and his caught in the middle. Please tell me what to do.

Fighting Back

A: Don't put more pressure on your boyfriend.

He needs you to be his ally, not his alternate good-Mama.

His mother suffers some chronic mental-related to her loss. She clearly had issues with his father (she had eloped from a previous marriage), and those issues may have resulted in her rejection of her.

She has a right to her feelings and to her keepakes. She does not have a right to rule the life of a 30-year-old son.

It's his challenge to help her realize that.

Plan your wedding whenever and however you both want. He must stand up for the two of you and completely tell her that's how and where it'll be.

Then, back off from your hard stance on your Christianity. You consumers. The

wise way to someone wedding plans is to remember when you already knew it was necessary, to do as you've explained — planning, and sticking to the plan — unless your house is up for sale because of financial issues.

She's not a "meaner" woman you res to her no one. She's a complicated, unhappy woman trying to exert control on her only son and husband to her.

You can afford to be more generous of spirit, after you're brand in her.

It's an important marital bond to try to improve in how relationships. If possible, At least make that effort.

Q: I'm 18, and experienced a phase of hating people for a long time, making up untruths.

I deleted some of them from my social media. I don't see them often, I want them to keep distant from me.

But sometimes, someone — maybe resulting from mistakes — tries to talk to me.

Making connections would suggest my the government should be done seriously, but I fear they'd treat me badly again if they knew I gave them.

Recently, a girl and me are now it was so awful, and the girl at the middle seemed uncomfortable.

I don't like being the bad guy but I was really hurt before. I don't want to seem immature or arrogant, which I may have appeared recently.

What should I do?

A: Move on from the unhappy past. You've survived well, even with some compassion phobias.

Don't get close, but be polite and respond. Don't frequent contact, but do show your hard-earned maturity.



Ask Ellie



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GARDENING

VALENTINE'S DAY

Roses aren't the only flower to represent love

By Erl Svendsen

Giving your special someone a dozen roses for Valentine's Day may be the most clichéd way to say "I love you." Though roses have often been the refuge of dramatic, thoughtful husbands on Valentine's Day, love has been talked about across the ages and in many cultures.

In ancient Rome, roses and myrtle were combined in wedding bouquets as symbols of Venus, the goddess of love. Similarly, roses were often associated with love and symbolized Aphrodite, Venus' Greek cousin. Similar themes are found in Scotland, with "O, my love is like a red rose" (a fragrant plant, from a traditional Scottish song) and in England with "The rose is red, violets blue, honey's sweet and so are you" (traditional English rhyme). And a French proverb translates as, "If I had a rose for every time I thought of you, I'd be picking roses for a lifetime."

Despite Gertrude Stein's assertion that "a rose is a rose is a rose," roses of different colors convey entirely different expressions of love. Red roses, the most popular and most chosen of the seasons, often to tease love. Light pink, coral and orange signify desire and passion. Lavender and any shade of thistle rose represent love at first sight. And while symbols like innocence, virtue and purity, if the warm handshake of friendship is what you want to communicate, then choose yellow roses.

For the budget conscious, the cost of roses on Valentine's Day may be out of reach. The good news is that there are several other, more affordable flowers that convey the meaning of love. Red or white carnations have the same meaning as red or white roses, pink carnations denote a mother's love for her children, the shade of growing yellow (obsidian) and striped (imperial) carnations.

Other love flowers include:

- Red tulip (longing love)
- Purple tulip (cheerful love)
- White tulip (one-sided love)



Most Valentine's Day bouquets throughout the ages don't have the red flower to communicate affection. PHOTO COURTESY OF ERL SVENDSEN

Yellow tulip and daffodil (shapeless or exaggerated love)

■ Purple rose (no clear love)

■ Jasmine (contented love)

■ Violet (obsession)

■ A gerbera (merry arrangements)

means you have a secret admirer or a potential stalker.

Bold's breath is a common addition to many bouquets. But it's not just there for the complementary texture. Its messages of innocence and purity of heart are a nice complement to more emotional themes.

HOW TO TAKE CARE OF YOUR ROSE AND CUT FLOWER BOUQUET

If you don't have time to arrange your flowers in a vase right away, put them as a counter-top with warm water to keep hydrated until you have the time.

2. Use a clean vase with single glass to hold the flowers and enough water.

3. Mix floral preservative with

warm water and fill vase three-quarters full. If you don't have preservative, mix one cup of tap lemon juice or vinegar and 1/2 cup sugar in 1 L of water.

4. Cut new ends on the stems and remove leaves that will be below the water level.

5. Repeat the above steps every three or four days—empty and clean vase, refill with warm water and do not preserve reconstituted.

6. Keep the bouquet as cool as possible out of direct sun, away from heat registers. But also keep it away from blasts of cold air like leaky windows and exterior doors.

7. Wrap cut flowers snug from drying frost.

8. Remove faded petals and leaves to keep your bouquet looking its best.

This column is provided courtesy of Mr. Stakeholder's Flower Society (www.stakeholders.com; www.rose.com). Check out our website, host or extend for upcoming flower information sessions.

WINE WORLD

DESSERT WINES

A sophisticated way to woo a special date

By James Romanow

There is a long tradition of enjoying sweets on Valentine's Day. If you have a sweet tooth or know somebody who does, then what you need to buy this weekend is a bottle of dessert wine. You can enjoy such wines with salty cheeses, like Brie or Blue or Brie au Vinaigre. The sweet tooth crowd usually eats chocolate or some sort of sweet.

The no-fuss alternative is to show up with chocolates, wine and a handful of flowers. (Most women adore roses but the appearance of the wine and chocolate should kick it up a notch.) You now have a ready-to-go complete date to your Valentine. I trust you will know what to do with it.

My go-to wines for chocolate are port and Moscato. Port is the sweater alternative and probably a better choice than somebody who either doesn't drink much or has a very sweet tooth. On the other hand, if you're looking for a slightly more sophisticated drink, something a bit finer with a more refined edge, Moscato has it all.

Moscato tends to be lighter, still brighter and with a slightly earthy edge to the taste. You can easily sit and savor a glass by itself, savoring all the flavours of nuts, earth and fruit. The point, you don't have to worry about drinking the bottle tonight. The stuff comes prepared for



longer exposure to air due to the carbonaceous taste it took to cover shipping distances back in the day.

A glass of Moscato and a lot of chocolate to nibble on is a delightfully sophisticated way to pass time on a date — until something more interesting occurs to you...

Mosdy's Date of Choice: Moscato 2011
\$14.99

More wine in Monday's StarPhoenix and on always on Twitter @drjoseph.

Crossword/Sudoku answers

SOB	PDA	ASTHMA
THESEUS	THREAD	
INTEARSH	SHOULDAA	
ROSA	AARP	UTLEY
L	LABYRINTH	
ISH	CLERKS	SCI
TWEETED	YAMMERS	
SOAMI	A	ARIEL
ARRIVAL	ARTISTE	
TDS	NEWBIE	MET
KINGMINDS		
APRON	ODDS	COPS
LOADERS	JETBLUE	
ESCAPE	ARIADNE	
SEEKTIO	N	NSC STP

5	6	7	2	8	1	4	9	3
2	8	4	6	3	9	1	5	7
1	3	9	5	7	4	2	6	8
3	5	2	1	9	6	8	7	4
6	4	8	7	5	2	9	3	1
9	7	1	8	4	3	6	2	5
8	9	6	3	1	7	5	4	2
7	2	5	4	6	8	3	1	9
4	1	3	9	2	5	7	8	6

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KEYNOTE SPEAKER - RONNIE LOTT

Ronnie was a cornerback, free safety and strong safety in the NFL for fifteen seasons during the 1980's and 1990's. Lott played college football for the University of Southern California and was honoured as a consensus All-American. A first-round pick in the 1981 NFL draft, he played for the San Francisco 49ers, Los Angeles Raiders, New York Jets and Kansas City Chiefs. Lott was elected into the Pro Football Hall of Fame in 2000, appeared in 10 Pro Bowls and is widely considered one of the best defensive backs in NFL history. We welcome Ronnie Lott to the 15th anniversary of The Dogs' Breakfast.

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